Claims:

- A cold rolled steel sheet having aging resistance and excellent formability, comprising: 0.003 % or less of C; 0.003 ~ 0.03 % of S; 0.01 ~ 0.1 % of Al; 0.02 % or less of N; 0.2 % or less of P; at least one of 0.03 ~ 0.2 % of Mn and 0.005 ~ 0.2 % of Cu; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein, when the steel sheet comprises one of Mn and Cu, a composition of Mn, Cu, and S satisfies at least one relationship: 0.58*Mn/S≤10 and 1≤0.5*Cu/S≤10, and when the steel sheet comprises both Mn and Cu, a composition of Mn, Cu, and S satisfies the relationships: Mn+Cu≤0.3 and 2≤0.5*(Mn+Cu)/S≤20, and wherein precipitates of MnS, CuS, and (Mn, Cu)S have an average size of 0.2 μm or less.
 - 2. A cold rolled steel sheet having aging resistance and excellent formability, comprising: 0.003 % or less of C; 0.005 ~ 0.03 % of S; 0.01 ~ 0.1 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.05 ~ 0.2 % of Mn; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein a composition of Mn and S satisfies the relationship: 0.58*Mn/S \leq 10 in terms of weight, and wherein precipitates of MnS have an average size of 0.2 μ m or less.
 - 3. The steel sheet as set forth in claim 2, wherein the steel sheet comprises 0.015 % or less of P.

- 4. The steel sheet as set forth in claim 2, wherein the steel sheet comprises 0.004 % or less of N.
- 5. The steel sheet as set forth in claim 2, wherein the steel sheet comprises 0.03 $\sim 0.2 \%$ of P.
 - 6. The steel sheet as set forth in claim 2, further comprising at least one of 0.1 \sim 0.8 % of Si and 0.2 \sim 1.2 % of Cr.
- 7. The steel sheet as set forth in claim 2, wherein the steel sheet comprises $0.005 \sim 0.02 \%$ of N and $0.03 \sim 0.06 \%$ of P.
 - 8. The steel sheet as set forth in claim 7, wherein the composition of Al and N satisfies the relationship: $1 \le 0.52*Al/N \le 5$.
 - 9. The steel sheet as set forth in any one of claims 2 to 8, further comprising $0.01 \sim 0.2$ % of Mo.
- 15 10. The steel sheet as set forth in any one of claims 2 to 8, further comprising $0.01 \sim 0.2$ % of V.
 - 11. The steel sheet as set forth in claim 10, wherein the composition of V andC satisfies the relationship: 1≤0.25*V/C≤20.

- 12. The steel sheet as set forth claim 9, further comprising $0.01 \sim 0.2 \%$ of V.
- 13. The steel sheet as set forth in claim 12, wherein the composition of V and C satisfies the relationship: $1 \le 0.25*V/C \le 20$.
- 14. A cold rolled steel sheet having aging resistance and excellent formability, comprising: 0.0005 ~ 0.003 % or less of C; 0.003 ~ 0.025 % of S; 0.01 ~ 0.08 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.01 ~ 0.2 % of Cu; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein a composition of Cu and S satisfies the relationship: 1≤0.5*Cu/S≤10, and wherein precipitates of CuS have an average size of 0.1 \(\alpha\mathrm{n}\) or less.
 - 15. The steel sheet as set forth in claim 14, wherein the steel sheet comprises 0.015 % or less of P.
 - 16. The steel sheet as set forth in claim 14, wherein the steel sheet comprises 0.004 % or less of N.
- 17. The steel sheet as set forth in claim 14, wherein the composition of Cu and
 S satisfies the relationship: 1 ≤ 0.5*Cu/S ≤ 3.
 - 18. The steel sheet as set forth in claim 14, wherein the steel sheet comprises $0.03 \sim 0.2$ % or less of P.

- 19. The steel sheet as set forth in claim 14, further comprising at least one of $0.1 \sim 0.8$ % of Si and $0.2 \sim 1.2$ % of Cr.
- 20. The steel sheet as set forth in claim 14, wherein the steel sheet comprises $0.005 \sim 0.02 \%$ of N and $0.03 \sim 0.06 \%$ of P.
 - 21. The steel sheet as set forth in claim 20, wherein the composition of Al and N satisfies the relationship: $1 \le 0.52*Al/N \le 5$.
 - 22. The steel sheet as set forth in any one of claims 14 to 21, further comprising $0.01 \sim 0.2$ % of Mo.
- 23. The steel sheet as set forth in any one of claims 14 to 21, further comprising 0.01 ~ 0.2 % of V.
 - 24. The steel sheet as set forth in claim 23, wherein the composition of V and
 C satisfies the relationship: 1≤0.25*V/C≤20.
 - 25. The steel sheet as set forth claim 22, further comprising $0.01 \sim 0.2$ % of V.
- 26. The steel sheet as set forth in claim 25, wherein the composition of V and
 C satisfies the relationship: 1≤0.25*V/C≤20.

- 27. A cold rolled steel sheet having aging resistance and excellent formability, comprising: $0.0005 \sim 0.003$ % or less of C; $0.003 \sim 0.025$ % of S; $0.01 \sim 0.08$ % of Al; 0.02 % or less of N; 0.2 % or less of P; $0.03 \sim 0.2$ % of Mn; $0.005 \sim 0.2$ % of Cu; and the balance of Fe and other unavoidable impurities in terms of weight%, wherein a composition of Mn, Cu, and S satisfies the relationship: Mn+Cu ≤ 0.3 and $2 \leq 0.5*(Mn+Cu)/S \leq 20$, and wherein precipitates of MnS, CuS, and (Mn, Cu)S have an average size of $0.2~\mu m$ or less.
- 28. The steel sheet as set forth in claim 27, wherein the steel sheet comprises 0.015 % or less of P.
- 29. The steel sheet as set forth in claim 27, wherein the steel sheet comprises 0.004 % or less of N.
 - 30. The steel sheet as set forth in claim 27, wherein the number of precipitates is 2×10^6 or more.
- 31. The steel sheet as set forth in claim 27, wherein the composition of Mn, Cu
 and S satisfies the relationship: 2 ≤0.5*(Mn+Cu)/S ≤7.
 - 32. The steel sheet as set forth in claim 31, wherein the number of precipitates is 2×10^8 or more.

- 33. The steel sheet as set forth in claim 27, wherein the steel sheet comprises $0.03 \sim 0.2$ % or less of P.
- 34. The steel sheet as set forth in claim 27, further comprising at least one of $0.1 \sim 0.8$ % of Si and $0.2 \sim 1.2$ % of Cr.

- 35. The steel sheet as set forth in claim 27, wherein the steel sheet comprises $0.005 \sim 0.02$ % of N and $0.03 \sim 0.06$ % of P.
- 36. The steel sheet as set forth in claim 35, wherein the composition of Al and N satisfies the relationship: $1 \le 0.52*Al/N \le 5$.
- 10 37. The steel sheet as set forth in any one of claims 27 to 36, further comprising $0.01 \sim 0.2$ % of Mo.
 - 38. The steel sheet as set forth in any one of claims 27 to 36, further comprising $0.01 \sim 0.2$ % of V.
- 39. The steel sheet as set forth in claim 38, wherein the composition of V and
 15 C satisfies the relationship: 1 ≤0.25*V/C ≤20.
 - 40. The steel sheet as set forth claim 39, further comprising $0.01 \sim 0.2$ % of V.

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- 41. The steel sheet as set forth in claim 37, wherein the composition of V and
 C satisfies the relationship: 1 ≤0.25*V/C ≤20.
- 42. A method of manufacturing a cold rolled steel sheet having aging resistance and excellent formability, comprising the steps of: hot-rolling a steel slab with finish rolling at an Ar₃ transformation temperature or more to provide a hot rolled steel sheet, after reheating the steel slab to a temperature of 1,100 °C or more, the steel slab comprising 0.003 % or less of C; $0.005 \sim 0.03$ % of S; $0.01 \sim 0.1$ % of Al; 0.02 % or less of N; 0.2 % or less of P; $0.05 \sim 0.2$ % of Mn; and the balance of Fe and other unavoidable impurities, in terms of weight%, wherein a composition of Mn and S satisfies the relationship: $0.58*Mn/S \le 10$; cooling the steel sheet at a speed of 200 °C/min or more; coiling the cooled steel sheet at a temperature of 700 °C or less; cold rolling the steel sheet; and continuous annealing the cold rolled steel sheet.

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- 43. The method as set forth in claim 42, wherein the steel slab comprises 0.015 % or less of P.
 - 44. The method as set forth in claim 42, wherein the steel slab comprises 0.004 % or less of N.
 - 45. The method as set forth in claim 42, wherein the steel slab comprises 0.03 $\sim 0.2 \%$ of P.

- 46. The method as set forth in claim 42, wherein the steel slab further comprises at least one of $0.1 \sim 0.8$ % of Si and $0.2 \sim 1.2$ % of Cr.
- 47. The method as set forth in claim 42, wherein the steel slab comprises 0.005 ~ 0.02 % of N and 0.03 ~ 0.06 % of P.
- 5 48. The method as set forth in claim 47, wherein the composition of Al and N satisfies the relationship: $1 \le 0.52*Al/N \le 5$.
 - 49. The method as set forth in any one of claims 42 to 48, wherein the steel slab further comprises $0.01 \sim 0.2$ % of Mo.
- 10 50. The method as set forth in any one of claims 42 to 48, wherein the steel slab further comprises $0.01 \sim 0.2$ % of V.
 - 51. The method as set forth in claim 50, wherein the composition of V and C satisfies the relationship: $1 \le 0.25 \text{ V/C} \le 20$.
- 52. The method as set forth claim 49, wherein the steel slab further comprises $0.01 \sim 0.2 \%$ of V.
 - 53. The method as set forth in claim 52, wherein the composition of V and C satisfies the relationship: $1 \le 0.25 \text{ V/C} \le 20$.

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54. A method of manufacturing a cold rolled steel sheet having aging resistance and excellent formability, comprising the steps of: hot-rolling a steel slab with finish rolling at an Ar3 transformation temperature or more to provide a hot rolled steel sheet, after reheating the steel slab to a temperature of 1,100 °C or more, the steel slab comprising 0.0005 \sim 0.003 % of C; 0.003 \sim 0.025 % of S; 0.01 \sim 0.08 % of Al; 0.02 % or less of N; 0.2 % or less of P; 0.01 \sim 0.2 % of Cu; and the balance of Fe and other unavoidable impurities, in terms of weight%, wherein a composition of Cu and S satisfies the relationship: $1 \le 0.5*Cu/S \le 10$; cooling the steel sheet at a speed of 300 °C/min; coiling the cooled steel sheet at a temperature of 700 °C or less; cold rolling the wound steel sheet; and continuous annealing the cold rolled steel sheet.

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- 55. The method as set forth in claim 54, wherein the steel slab comprises 0.015 % or less of P.
- 56. The method as set forth in claim 54, wherein the steel slab comprises 0.004 % or less of N.
 - 57. The method as set forth in claim 54, wherein the composition of Cu and S satisfies the relationship: $1 \le 0.5*Cu/S \le 3$.
 - 58. The method as set forth in claim 54, wherein the steel slab comprises 0.03 ~ 0.2 % or less of P.

- 59. The method as set forth in claim 54, wherein the steel slab further comprises at least one of $0.1 \sim 0.8$ % of Si and $0.2 \sim 1.2$ % of Cr.
- 60. The method as set forth in claim 54, wherein the steel slab comprises $0.005 \sim 0.02$ % of N and $0.03 \sim 0.06$ % of P.
- 5 61. The method as set forth in claim 60, wherein the composition of Al and N satisfies the relationship: 1≤0.52*Al/N≤5.
 - 62. The method as set forth in any one of claims 54 to 61, wherein the steel slab further comprises $0.01 \sim 0.2$ % of Mo.
- 10 63. The method as set forth in any one of claims 54 to 61, wherein the steel slab further comprises $0.01 \sim 0.2$ % of V.
 - 64. The method as set forth in claim 63, wherein the composition of V and C satisfies the relationship: $1 \le 0.25*V/C \le 20$.
- 15 65. The method as set forth claim 62, further comprising $0.01 \sim 0.2 \%$ of V.
 - 66. The method as set forth in claim 65, wherein the composition of V and C satisfies the relationship: $1 \le 0.25*V/C \le 20$.

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- 67. A method of manufacturing a cold rolled steel sheet having aging resistance and excellent formability, comprising the steps of: hot-rolling a steel slab with finish rolling at an Ar3 transformation temperature or more to provide a hot rolled steel sheet, after reheating the steel slab to a temperature of 1,100 °C or more, the steel slab comprising: $0.0005 \sim 0.003$ % of C; $0.003 \sim 0.025$ % of S; $0.01 \sim 0.08$ % of Al; 0.02 % or less of N; 0.2 % or less of P; $0.03 \sim 0.2$ % of Mn; $0.005 \sim 0.2$ % of Cu; and the balance of Fe and other unavoidable impurities, in terms of weight%, wherein a composition of Mn, Cu, and S satisfies the relationships: Mn+Cu ≤ 0.3 and $0.05 \sim 0.05$ % (Mn+Cu)/S ≤ 0.05 cooling the steel sheet at a speed of 300 °C/min; coiling the cooled steel sheet at a temperature of 700 °C or less; cold rolling the wound steel sheet; and continuous annealing the cold rolled steel sheet.
- 68. The method as set forth in claim 67, wherein the steel slab comprises 0.015 % or less of P.

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- 69. The method as set forth in claim 67, wherein the steel slab comprises 0.004 % or less of N.
- 70. The method as set forth in claim 67, wherein the number of precipitates is $2x10^6$ or more.
- 20 71. The method as set forth in claim 67, wherein the composition of Mn, Cu and S satisfies the relationship: 2 ≤0.5*(Mn+Cu)/S ≤7.

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- 72. The method as set forth in claim 71, wherein the number of precipitates is $2x10^8$ or more.
- 73. The method as set forth in claim 67, wherein the steel slab comprises 0.03

 5 ~ 0.2 % or less of P.
 - 74. The method as set forth in claim 67, wherein the steel slab further comprises at least one of $0.1 \sim 0.8$ % of Si and $0.2 \sim 1.2$ % of Cr.
 - 75. The method as set forth in claim 67, wherein the steel slab comprises 0.005 \sim 0.02 % of N and 0.03 \sim 0.06 % of P.
- 10 76. The method as set forth in claim 75, wherein the composition of Al and N satisfies the relationship: $1 \le 0.52*Al/N \le 5$.
 - 77. The method as set forth in any one of claims 67 to 76, wherein the steel slab further comprises $0.01 \sim 0.2$ % of Mo.
- 78. The method as set forth in any one of claims 67 to 76, wherein the steel slab further comprises $0.01 \sim 0.2$ % of V.
 - 79. The method as set forth in claim 78, wherein the composition of V and C satisfies the relationship: $1 \le 0.25*V/C \le 20$.

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80. The method as set forth claim 77, wherein the steel slab further comprises $0.01 \sim 0.2 \ \% \ of \ V.$

81. The method as set forth in claim 80, wherein the composition of V and C satisfies the relationship: $1 \le 0.25*V/C \le 20$.